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HOMEMAKERS' CHAT

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U. S. DEPARTMENT
OF AGRICULTURE
OFFICE OF INFORMATION

(Release on receipt)

SUBJECT: "New Foods from Sweet Potatoes". . .Information from Office of
Experiment Stations, United States Department of Agriculture.

You may not call them "yams" as most Southern folk do, but you don't have to live down South to like sweetpotatoes. They're good whether they're baked, fried, or candied. They're rich in carotene, the vitamin that guards us from night blindness. They add color and flavor to a meal. And in this day of sugar shortages, we like them because they add "sweetenin" as well.

Today, you know the sweet potato only as a vegetable. After the war, you'll serve it as a ready-prepared breakfast food in the form of a crispy, crunchy flake - sweetened with its own natural sugar. You'll need only to add cream. You'll also be able to get sweet potato toffee, confections and milk drinks after the war.

These new forms of sweetpotatoes are known as Alayam Food Products. They're the results of work done at the Alabama Agricultural Experiment Station by Professor L. M. Ware and his associates. A pilot plant is now turning out a small supply of Alayam breakfast food, confections and other products.

There are two kinds of breakfast food...Golden Curl is made entirely from sweetpotato puree. It has a "high" sweetpotato flavor and sweetness. A second breakfast food is a mixture of three-fourths sweetpotato puree and one-fourth grain products. This blend has an increased content of protein, Vitamin B and minerals. It doesn't have so much sweetpotato flavor and it isn't so sweet as Alayam Golden Curl. It will likely find favor with those of you who are not accustomed to the "high" sweetpotato flavor.

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Alamalt is a sweetpotato powder or flour. In the Experiment Station laboratory kitchen, food specialists have tried Alamalt out in several baked products. They've substituted Alamalt for part of the flour used in making fruit cake and in making biscuits and muffins. They've made good candy bars from a mixture of Alamalt with coconut.

Alamalt has also been used with excellent results to replace a part of the butter and eggs for commercial baking. Alamalt appears to have a moisture holding quality. When it was added to chocolate and caramel icings, they held their moist and creamy texture from eight to nine days.

Like other malt powders, Alamalt is good in milk drinks. It has a caramel like flavor and it may be used in either hot or cold drinks.

In another form, the toasted sweetpotato puree makes a sweet, rich toffee. Other confections are made from combinations of the puree with peanuts...pecans... powdered orange peel...and finely chopped coconut.

The foods are put up in attractive containers.

The pilot plant at the Alabama Agricultural Experiment Station is now turning out Alayam Food Products for market testing in a dozen town and cities in Alabama.

The inventors have applied for a patent on Alayam Food Products. If it's granted, they'll assign the patent right to Alabama Polytechnic Institute. Any royalties from manufacturers licensed to produce Alayam Food Products will pay for further research.

So there's a good prospect that after the war, you'll be serving your family with sweetpotatoes in new forms - as breakfast food, as confections and snacks, and in milk drinks.

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